



PUBERTY

*IT'S TIME TO EMPOWER YOUR CHILDREN WITH
KNOWLEDGE ABOUT PUBERTY- A CRITICAL
STEP IN THEIR PHYSICAL AND EMOTIONAL
DEVELOPMENT.*



PUBERTY

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الحمد لله وحده

والصلاة والسلام على من لا نبي بعده

وعلى آله وأصحابه الذين أوفوا عهده

أمّا بعد فأعوذ بالله من الشيطان الرجيم

بسم الله الرحمن الرحيم

Du'a for Reading Book

Please recite the following Du'a before you read a book. This Du'a will help you remember what you read, if the Almighty Allah wills.

اَللّٰهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَاَنْشُرْ عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ

وَالْاِكْرَامِ.

Translation: O Allah, open to us your wisdom and spread your mercy upon us, O Possessor of majesty and honor!

(Al-Mustaraf, vol. 1, pp. 40)

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Why is **Islam** referred to as the “**Complete way of Life**”? This is because there is not a single aspect of life that Islamic law has yet to navigate. No one who abides by its teachings and then seeks further guidance is ever left unquenched, regardless of age. Every single problem ever faced in Islam, so far, has already been solved. All that is required of us is to seek and gain knowledge regarding the solutions to these matters; by asking the religious scholars and Islamic theologians. However, in the current era, such initiative-taking and seeking guidance is no longer done; this has led to widespread ignorance, further compounded by lack of awareness of this very ignorance.

This booklet has been written for those parents currently living in western countries, whose children have been born and raised in such lands, and are not aware of the Sharia rulings regarding puberty. These parents are either themselves ignorant regarding these matters and or feel ashamed to talk about Islamic guidance on such matters, even if informed regarding them. However, with proper knowledge, one can understand that these are not matters to be ashamed of, but rather a common, natural part of life.

The following are a set of frequently asked questions and their answers:

Q#1: What does this blessed Hadith “طَلَبُ الْعِلْمِ” “فَرِيضَةٌ عَلَى كُلِّ مُسْلِمٍ وَمُسْلِمَةٍ” mean, and what does it refer to?

Ans: The Hadith mentioned above means “Seeking knowledge is incumbent upon every Muslim-male and female.” It could be counted as one of the جَوَامِعُ الْكَلِمِ Ahadith. The term جَوَامِعُ الْكَلِمِ basically refers to those Ahadith which are short but comprehensive. In other words, those Ahadith which are concise yet packed with lots of information /wisdom, this is known as جَوَامِعُ الْكَلِمِ. Before proceeding, I just want to remove a very common misunderstanding regarding this Hadith. It is commonly believed that this Hadith refers to worldly education. As such, it is often cited to promote worldly education; however this is an erroneous interpretation. The correct interpretation, based on traditional understanding of Ulema meaning the Islamic theologians, May Allah shower his mercy upon them, is that this hadith only refers to the Islamic education. It is for this reason that Hadhrat

Umar, May Allah be pleased with him, stated: “Only that person, who has a thorough understanding of the obligatory knowledge regarding trade, as prescribed by Islamic Law, is allowed to trade in our market.”

As for the traditional Islamic knowledge, it is required for every Muslim. This means, acquiring Islamic knowledge is mandatory prior to any situation a person intends to engage in. For example, if someone wants to be a trader, then he is obligated to first attain the in-depth understanding of the Islamic laws surrounding trade. Likewise, if a boy and a girl are going to tie the knot, then it is required for both of them to learn about Nikah and its rulings. Otherwise, they will be considered sinful even though the Nikah is valid. This is the same case for the one who reaches puberty. It is incumbent upon him / her to seek out the Shariah rulings regarding what has become compulsory upon him or her. For example: the correct method of a taking shower and its rulings, the method of doing Wudu and its rulings, Salah and its rulings, and the recitation of a few Verses from the Holy Quran, which are required to make Salah valid.

Q#2: What is puberty according to Shariah?

Ans: Puberty refers to a certain age at which a human becomes مُكَلَّف. The term "Mukallaf" is used to refer to someone who is obligated to follow Islamic Law and abide by its rules; for example, offering the Salah five times a day, fasting in Ramadan, paying Zakat, and performing Hajj, assuming all other necessary conditions for each of these actions is met. Having reached puberty, if someone doesn't abide by the rules of Islam, he will be considered sinful and will be severely punished on the Day of Reckoning.

Q#3: At what age, does a boy attain puberty?

Ans: He attains puberty between the age of 12 and 15.

Q#4: At what age, does a girl attain puberty?

Ans: She reaches puberty between the age of 9 and 15.

Q#5: How does a boy know that he has reached puberty?

Ans: There are three ways by which he can know: nocturnal emission, ejaculation, and being able to impregnate. However, the most common way of knowing is nocturnal emission.

Q#6: How does a girl come to know that she has reached puberty?

Ans: Through either one of four ways: nocturnal emission, menstrual bleeding, developing the ability to become pregnant, and ejaculation.

Q#7: What if one does not experience any of the physiological situations or any of three ways mentioned above?

Ans: Such a case is very rare. In this situation, the one is considered **بَالِغٌ/بَالِغَةٌ** when he / she turns 15 years old.

Q#8: What rule does Islam lay down regarding pubic hair?

Ans: These hairs should not be left to grow rather, they should be removed within 40 days. Not removing them is considered as a sin in Islam¹.

Q#9: Can the hair in the armpits be left to grow?

Ans: These hairs have the same ruling, the pubic hairs have; meaning they should also be removed within 40 days. To let them grow beyond this is a sin. The same ruling is about trimming nails. It is recorded in Sahih Muslim that Hadhrat Abu Huraira, May Allah be pleased with him, narrated: The last and final prophet, May peace be upon him, stated: 4 things are from the nature meaning these are exactly what

¹ "الدر المختار"، كتاب الحظر والإباحة، فصل في البیع، ج: 9، ص: 671.

previous prophets, May blessings be on them, would do; (1) circumcision, (2) removing the hairs under the arms, (3) trimming the moustache, and (4) removing the pubic hairs². Another Hadith recorded by Hadhrat Abu Huraira, May Allah be pleased with him, is that Prophet, May peace and blessings be on him, stated: The one who does not remove the pubic hair, trim nails, and moustaches³ is not from amongst us. Hadhrat Anas, May Allah be pleased with him, told that we are instructed to cut the hairs (pubic, under arms, and moustaches) off within 40 days, so they must not be left more than that⁴.

Note: Keep in mind these hairs should be removed or shaved so trimming is not permissible. After removing, bury them or release them in flowing water so that others don't lay their eyes on it. As for the nails, don't

صحيح المسلم"، كتاب الطهارة: باب خصال²

الفطرة: الحديث: 50- (257)، ص: 153.

"المسند" للإمام أحمد بن حنبل، حديث رجل من بني غفار رضى الله³

عنه، الحديث: 23539، ج: 9، ص: 125.

"صحيح المسلم"، كتاب الطهارة: باب خصال⁴

الفطرة: الحديث: 51- (258)، ص: 153.

bite them with the teeth as some people are used to doing, because this is Makrooh (not liked) and may cause leprosy⁵.

Q#10: Why is a Muslim supposed to remove the hair in the armpits and trim the nails?

Ans: Because Islam encourages every Muslim to be clean and pure so that you will realize that removing these hairs and trimming nails is a way to attain cleanliness.

Q#11: What if someone shaves or trims his beard?

Ans: Shaving the beard or trimming it when it is already shorter than handful, is Makrooh Tehrimi⁶ meaning prohibited because our Prophet, May peace and blessings be on him, has stated a hadith, whose summary is: Don't take from the beard meaning don't shave it or trim⁷. Similarly, letting the beard grow up to the extent that the beard seems long and strange, or keeping stylish beard as Non-Muslims have and

⁵ "الفتاوى الهندية"، كتاب الكراهية، الباب التاسع عشر في

الختان، ج: 5، ص: 358.

⁶ "الدر المختار"، كتاب الحظر والإباحة، فصل في البيع، ج: 9، ص: 671.

⁷ "صحيح البخاري"، كتاب اللباس، باب تقليم

الأظفار، الحديث: 5892، ج: 4، ص: 75.

our Muslims prefer to follow them is not allowed⁸.

Q#12: What if a man keeps his hair long?

Ans: He may, but a man should be at either of three ways; (1) the length of it should be up to the half of ears, (2) it should be up to the earlobes, or if it is longer than the earlobes in length, then it must be up to the shoulders, longer than that is not allowed because by doing this, he would have resemblance with women and the men are not supposed to resemble them in Sharia; the Prophet Muhammad, May peace be upon him, said: The man who makes his appearance like a woman and the woman who loves to look like a man, is cursed and they should be kicked out⁹. So the men who have braids, or keep long hair then use headbands, ribbons, or tie up their hair, they must take a lesson from the above Hadith because all of it is exactly what the women do / these are all considered feminine.

Q#13: What is "Masturbation"?

⁸Bahar e Shariat, V: 16, P: 586, Publication: Maktaba tul Madina Dawateislami.

⁹Sahih Bukhari, V:07, P: 159, Publication: Daru Touqinajat.

Ans: "Masturbation" is stimulate one's private part to gain sensual pleasure. Some people use their hand or the other objects like pillows, vibrators, sex toys or streams of water to masturbate.

Q#14: Is this permissible in Islam?

Ans: "Masturbation" is strictly prohibited in Islam. Let's see one Hadith which clearly states its impermissibility. That's ¹⁰ نَاكِحُ الْيَدِ مَلْعُونٌ. It means "the one who masturbates is cursed by Allah". Alahadhrat Imam Ahmad Raza Khan, May Allah's mercy be upon him, mentions in his book (Fatawa Rizvia) that this action (Masturbation) is strictly forbidden, Allah, the Exalted curses¹¹ the doer¹².

¹⁰ كشف الخفاء. حرف النون. ج: 2، ص: 291.

¹¹ Meaning that he will not be able to become a beloved bondsman of Allah, the Almighty.

¹² Fatawa Rizvia, V: 22, P: 202.



MOST COMMON QUESTIONS

Q1: WHAT IS PUBERTY IN ISLAM?

Q2: WHEN DOES A BOY ATTAIN PUBERTY?

Q3: WHEN DOES A GIRL ATTAIN PUBERTY?

Q4: HOW DOES A BOY OR GIRL BECOME
AWARE OF PUBERTY?

Q5: WHAT RULE DOES ISLAM LAY DOWN
REGARDING PUBIC AND ARMPIT HAIR?

Q6: DOES ISLAM ALLOW MASTURBATION?

IN NUTSHELL, YOU CAN LEARN A LOT, IF YOU
READ THIS BOOKLET FROM COVER TO
COVER.

